

'Pain to Peace' By J. Young: A Poetic Journey from Struggle to Healing & Empowerment

In a world filled with noise and distractions, spiritual self-help books like "Pain to Peace" by J. Young offer solace, wisdom, and guidance.

MIDWEST, IL, UNITED STATES, February 19, 2025 /EINPresswire.com/ -- In a time when the world still grapples with the emotional aftermath of the COVID-19 pandemic, J. Young's *Pain to Peace* emerges as a beacon of hope and healing. This upcoming collection of spiritual self-help poetry intimately captures the author's journey through isolation, depression, and personal loss while offering readers a path to faith, renewal, and inner peace.

"My journey from Pain to Peace wasn't linear, but transformative," says J. Young. "I hope my words help others find the courage to heal, grow, and embrace their own stories."

J. Young is a poet, writer, and educator with roots in the Midwest. Her work spans themes of spirituality, mental health, and personal growth, offering readers a unique blend of sensitivity and insight. Armed with a Bachelor's in Primary and Secondary Education and a Master's in Curriculum and Instruction, she combines her professional expertise with her personal experiences to craft

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Transform your pain into the driving force that inspires you to pursue your dreams, enrich your life, and embrace peace.”

J. Young

writing that empowers and inspires. Beyond her literary work, she finds joy in nature, family, and photography, influencing her creative journey and leading to her book *Pain to Peace*.

Pain to Peace is a heartfelt collection of poetry that delves into the depths of the human experience. Drawing on her struggles with anxiety, trauma, and loss during the pandemic, J. Young writes with raw vulnerability and

spiritual clarity. Her poems testify to the power of resilience and faith, allowing readers to reflect,



A Book for the Soul

heal, and find strength. This book is a must-read for anyone seeking hope, understanding, and empowerment.

Pain to Peace by J. Young is set to be released worldwide on all major platforms in February 2025.

Coming Soon Preorders: Amazon, Amazon Kindle, Barnes & Noble, and IngramSpark

Title: Pain to Peace

Author: J. Young

Genre: Self-Help Poetries

Publishers: AMZ Publication Wing

(<https://www.amzpublicationwing.com/>

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A Journey of Resilience

Discover the power of healing through poetry. Preorder Pain to Peace today and take the first step toward embracing your journey to wholeness.

#PainToPeace #HealingThroughPoetry #JYoungPoetry #SpiritualGrowth #Resilience
#MentalHealthAwarenessetry #SpiritualGrowth #Resilience #MentalHealthAwareness

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